# ORM FOR KIDS

WHAT CAN HURT ME?

## AND

## WHAT CAN I DO ABOUT IT?

(Presented 23 JUNE 2000 at SIMA Norfolk)

# BEING SAFE?

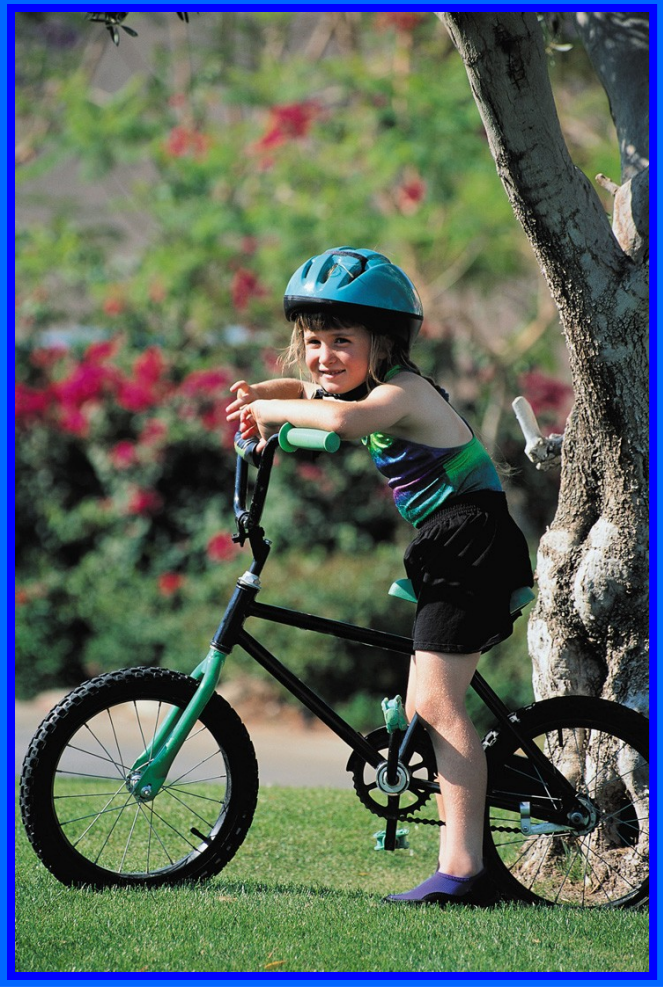
# IS THIS SAFE?

# SAFE IN CHURCH?

# SKATING

- Helmet
- Safety equipment
- Learn how to stop
- Smooth surface
- No night skating
- Not during peak traffic time

# BIKE RIDING



- Wear your bicycle helmet
- Stop, look left, right and left again before riding in traffic areas
- Ride on the right with traffic
- Obey stop signs and red lights

# CROSSING STREETS

**Use crosswalks**

**Look left, right, and left again**

**Make sure you can be seen**

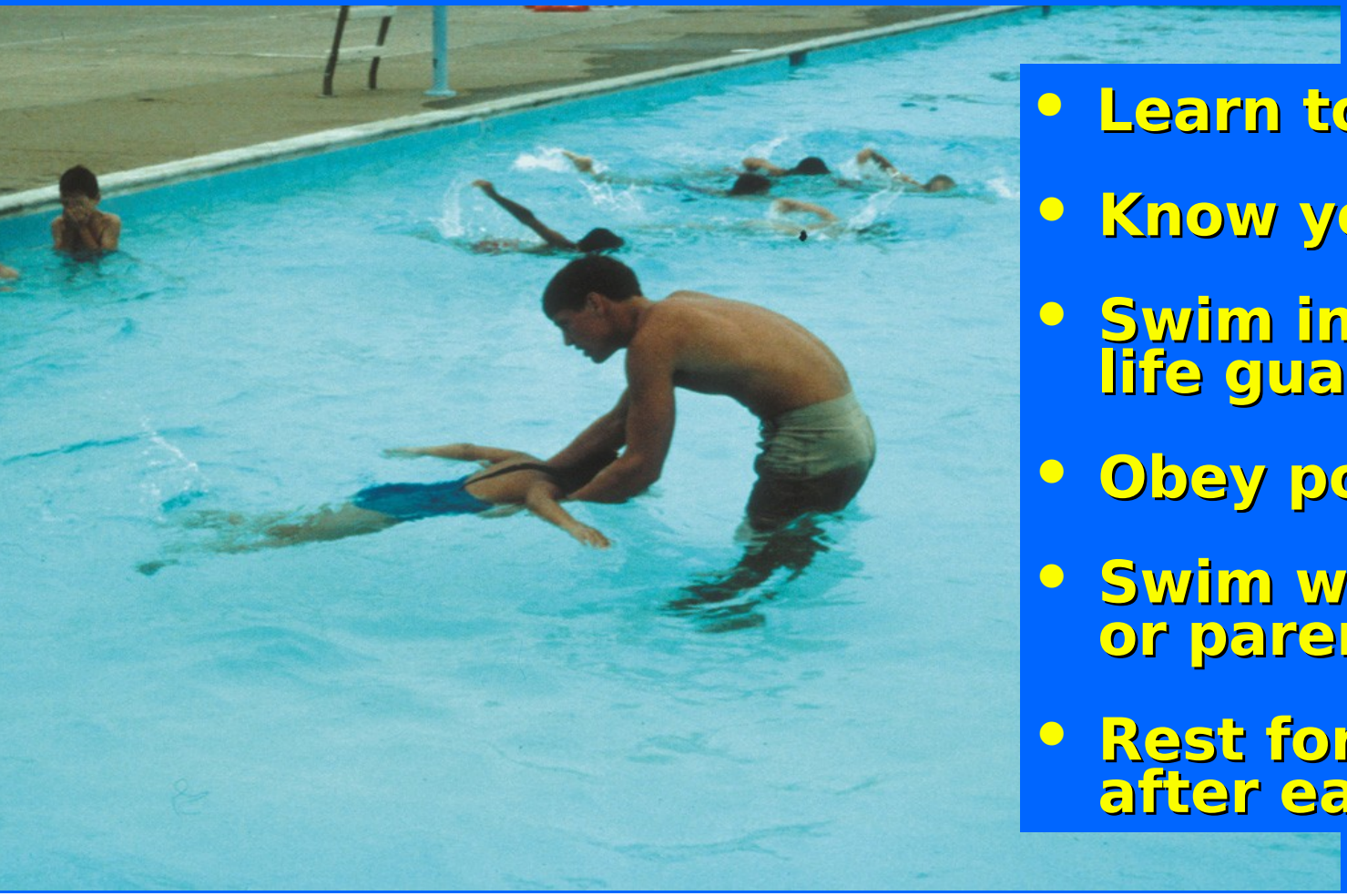
**Pay attention**

# CROSSING STREETS

# PLAYING BASKETBALL

- Appropriate shoes
- Play by the rules
- Mouth piece
- Remove jewelry
- Warm-up
- No horseplay
- Slip/trip hazards

# SWIMMING



- Learn to swim
- Know your limits
- Swim in areas with life guards
- Obey pool signs
- Swim with a friend or parent
- Rest for an hour after eating

# PLAYGROUNDS

- With grownup
- Never alone
- Hold on
- Don’t jump
- Shoes
- Drink

# STRANGERS

- Be alert to tricks and lures
- No thanks, sorry, can’t help
- Scream, kick, escape
- Emergency situation practice
- Find a police officer

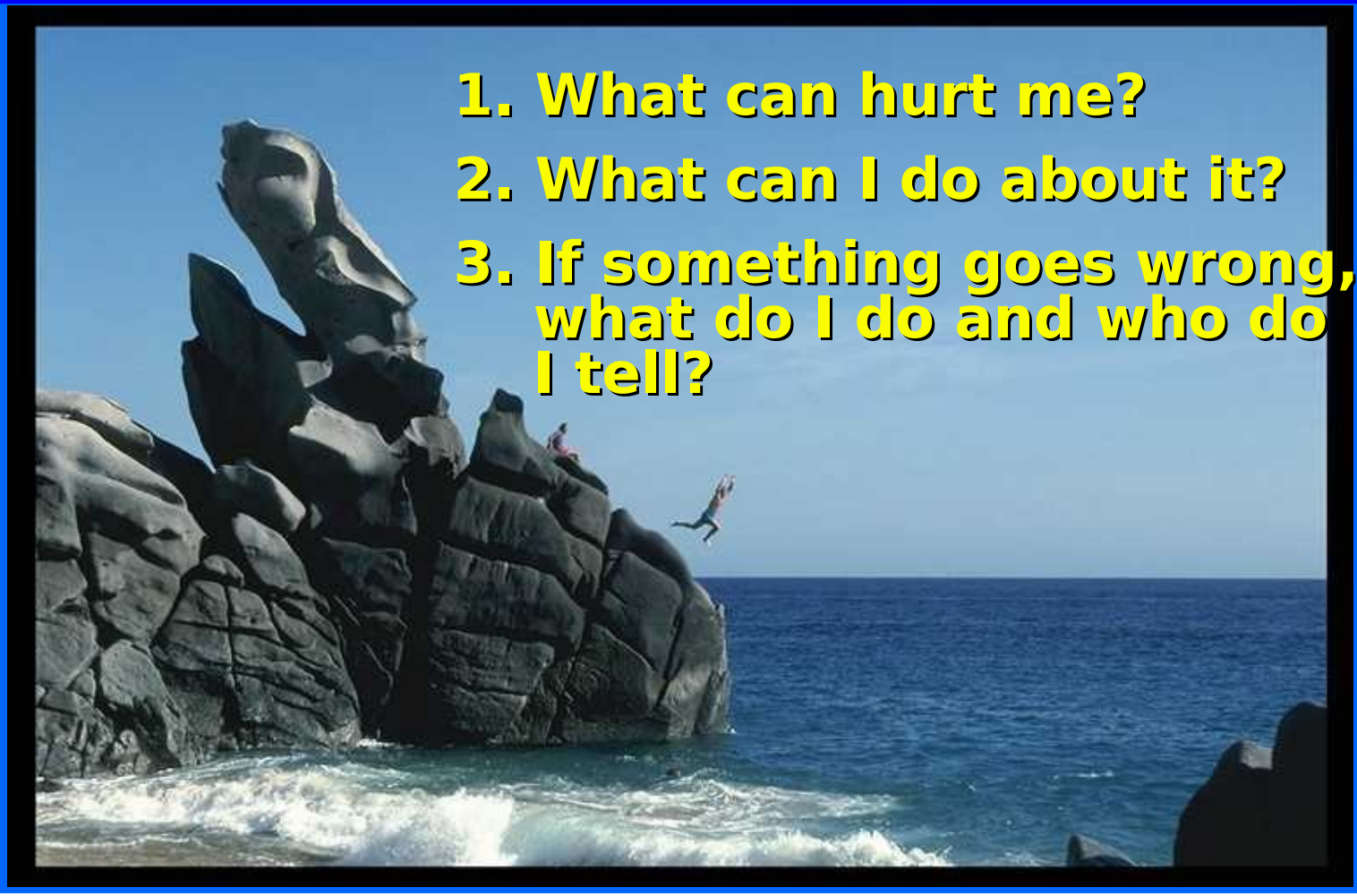
# WHAT COULD GO WRONG HERE?

## DON'T GET IN !

# WHAT DO YOU DO IN A STORM?

# CARS & SEAT BELTS

# REMEMBER!


1. What can hurt me?
2. What can I do about it?
3. If something goes wrong, what do I do and who do I tell?